



ARENA FOOTBALL RULES

Participation: All participants must have a valid Phoenix Card and be eligible for participation as listed in the Elon University Intramural Sports Participant Guide.

Game time is forfeit time.

Unless otherwise noted below, all NIRSA Flag Football Rules apply.

1. Game & Field

Game

- 1.1.** A team consists of four players (*Co-ed*: at least two of which must be females). A game may start with three players (*Co-ed*: at least one of which must be one female).
- 1.2.** Each half will be 12 minutes running time, except for the last minute of the second half where there will be regulation timing (clock stops on incompletions, out of bounds, timeouts, change of possession, after touchdown or field goal).
 - 1.2.1.** Each team will be given 2 timeouts per game.
- 1.3.** There are no fumbles.
 - 1.3.1.** The ball is dead at the spot where it hit the ground.
 - 1.3.2.** *Exception:* Kickoffs (see kick off procedures)
- 1.4.** A runner is down when touched with ONE HAND by a defensive player.
- 1.5.** Blocking must be done with hands behind the back or at the sides.
 - 1.5.1.** Defensive players are not allowed to use their hands to gain an advantage, they must run around the blocker.
 - 1.5.2.** Blocking rules are the same in Arena football as in intramural flag football. (Penalty: Illegal contact)
- 1.6.** Overtime Procedures (*Post season only*)
 - 1.6.1.** There is no overtime during the regular season.
 - 1.6.2.** If the score is tied at the end of regulation, each team will have two downs to score from center court.
 - 1.6.3.** The opposing team will then have the opportunity to play offense.
 - 1.6.4.** The system is repeated until there is a winner. Overtime will only be played during the playoffs.

Field

- 1.7.** The field of play will be the main basketball court.
- 1.8.** Sidelines will be the maroon lines of the main basketball court and endzones will be the sidelines of the volleyball court (white lines) extending to the wall at each end of the gym.
- 1.9.** A forward pass that hits a backboard or wall is an automatic incompletion.



1.10. *Playing the ceiling/curtain:*

- 1.10.1.** A forward pass that hits the ceiling/curtain is in play and may be caught by either team.
- 1.10.2.** A kickoff that hits the ceiling/curtain is in play and may be caught by either team.
- 1.10.3.** An extra point or field goal that hits the ceiling/curtain is to be ruled an unsuccessful try.

2. Series of Downs

- 2.1.** Each possession consists of four downs to attempt to score a touchdown.
- 2.2.** On fourth down the offensive team has the option of attempting to score a touchdown or kicking a field goal.
- 2.3.** There is no punting.

3. Kicking the Ball

- 3.1.** Each possession consists of four downs to attempt to score. On fourth down, the offensive team has the option of attempting to score a touchdown or kicking a field goal.
 - 3.1.1.** When a kick is attempted, the defensive team must give the kicker a clear path to the uprights. No blocking kicks.
- 3.2.** There is NO punting.
- 3.3.** The team captain on offense must notify the official which option will be selected.

Kickoffs

- 3.4.** The ball will be kicked from the kicking team's free-throw line.
- 3.5.** The ball becomes live when it crosses the mid-court line and remains live as long as it stays within the sidelines in the field of play.
 - 3.5.1.** If it hits the back wall or main backboard, the ball is in play.
 - 3.5.2.** Any ball that goes out of bounds will be spotted at the point where it went out of bounds, unless the spot is between the receiving team's goal line and the free-throw line, in which case the ball will be placed at the free-throw line.
- 3.6.** The kicking team may recover the ball when it passes the mid-court line.
- 3.7.** The ball must be recovered cleanly.
 - 3.7.1.** If the ball is touched by either team, then hits the floor (muffed), the receiving team takes possession at the spot where the ball was first touched.
- 3.8.** Diving for a loose ball is not permitted. *Penalty: Illegal procedure.*
- 3.9.** The receiving team may down the ball in the end zone for a touchback.
 - 3.9.1.** The ball will be placed at the free-throw line.



4. Snapping & Passing the Ball

- 4.1.** The ball must be snapped from the ground by an offensive player to the quarterback. The ball may be snapped between the legs or to the side of the snapper and must be snapped in one continuous motion.
- 4.1.1.** The ball will be snapped by an offensive player to the quarterback who must be three feet behind the center. The player who receives the snap must be at least one yard behind the offensive scrimmage line. *Direct snaps (under center) are illegal.*
- 4.2.** All players are eligible for a forward pass. A forward pass may take place at any point on the field behind the LINE OF SCRIMMAGE.
- 4.2.1.** Only one forward pass is allowed per down.
- 4.2.2.** A forward pass that hits a backboard or wall is an automatic incompletion.
- 4.2.3.** A forward pass that hits the ceiling/curtain is in play and may be caught by either team.
- 4.3.** The rusher cannot cross the line of scrimmage for three seconds from the snapping of the ball and must count verbally (thousand one, thousand two, thousand three) before rushing the passer.
Penalty: Illegal procedure
- 4.4.** One player is allowed to be in motion in any direction before the ball is snapped, but may not cross the line of scrimmage until the ball is snapped. *Penalty: Illegal motion.*

5. Scoring Plays

Scoring

5.1. *Touchdowns* equal 6 points.

5.1.1. *Co-ed:* If a female throws a completed forward pass or scores a touchdown it will be worth 9 points.

5.2. *Extra point(s) after touchdown*

5.2.1. After every touchdown, the scoring team must attempt an extra point. The ball will be placed on the three point line at the top of the key. Points will be awarded as follows:

- A. Kick hits the backboard = 1 point
- B. Kick hits an upright = 2 points
- C. Kick goes between the uprights above the backboard = 3 points
- D. Kick goes in the basket = 6 points

5.3. *Field Goal Attempts:* On fourth down, the offensive team must declare its decision to attempt a play or kick a field goal.

5.3.1. Scoring for field goals is the same as for an extra point.

5.3.2. When a kick is attempted, the defensive team must give the kicker a clear path to the uprights. A kick may not be blocked.

5.3.3. A field goal attempt is a live ball and, if unsuccessful, can be returned by the defensive team. .

5.3.4. If no attempt to return the ball is made, the ball will be declared dead and placed at the free throw line.

5.3.5. The offensive team may not recover the ball on a missed field goal attempt.

5.3.6. Field goal attempts that go out of bounds will be handled in the same fashion as kick-offs.



5.4. Safety: A safety is scored when an offensive player tackled in the end zone. The team that is awarded 2 points will automatically gain possession at the defensive team's free throw line..

Mercy Rule:

5.5. If a team is ahead by 25 points with four minutes or less remaining in the second half, the game will be ended.

6. Penalties:

6.1. NIRSA flag football rules and penalties apply if not specifically mentioned above.

6.2. Penalty Yardage: All 10-yard penalties (as assessed in 7-on-7 flag football) will be 5 yards and all 5-yard penalties will be 3 yards.

7. Co-ed Rules

7.1. A team consists of four players (at least two of which must be females). A game may start with three players (at least one of which must be one female).

7.2. A male runner cannot advance the ball through the offensive line of scrimmage.

7.3. If a male passer completes a legal forward pass to a male receiver, the next legal forward pass must involve either a female passer or female receiver. To be considered legal, the forward pass must cross the line of scrimmage in the air.

7.4. During the offensive team's possession, there may not be two consecutive completions from a male passer to a male receiver. This applies to the point after touchdown attempt.

7.4.1. If a female passer completes a forward pass to a male receiver behind the team A scrimmage line and any male on team A runs beyond the scrimmage line, it is an illegal forward pass. *Penalty: Illegal forward pass, 5 yards from the spot where the pass male-to-male pass was released, and loss of down.*

7.5. If a female scores a touchdown or throws a completed forward pass for a touchdown, the point value is 9.

7.6. "Open and Closed" Plays

7.6.1. "Open"- If a team is eligible to make a male-to-male forward pass during a down, that down is said to be "open".

7.6.2. "Closed"- If a team has thrown a male-to-male forward pass, all of the downs during the series after that play are said to be "closed" until a legal forward pass involving a female "opens it back up".

7.6.3. Whether or not penalties offset, or are declined or accepted, have no effect on a down's "open" or "closed" status.

7.6.4. When a new series of downs have begun, the first play is always "open".